

**I Claim:**

1. A pacifier to be worn in a mouth of a user, the pacifier comprising:

a shield having a substantially planar body and further having an interior surface directed toward a rear of the mouth of the user when the shield is worn;

a shelf connected to the interior surface of the shield wherein the shelf has a substantially planar body and wherein the shelf is substantially U-shaped; and

a bulb attached to the shelf wherein the bulb has a length defined between a first end and a second end wherein the first end is connected to the shelf and the second end extends rearward into the mouth and wherein a perimeter of the bulb at the first end is less than a perimeter of the bulb at the second end.

2. The pacifier of Claim 1 further comprising:

a ring attached to the shield.

3. The pacifier of Claim 1 further comprising:

lingual tabs integrally formed with the shelf wherein the lingual tabs extend rearward into the mouth of the user.

4. The pacifier of Claim 1 further comprising:

walls extending from the shelf wherein the walls contact the interior surface of the shield.

5. The pacifier of Claim 1 further comprising:

a depression within the shelf wherein the depression is substantially U-shaped.

6. The pacifier of Claim 1 further comprising:

a liquid within the shelf wherein the liquid can be heated or cooled.

7. A pacifier worn in a mouth of a user, the pacifier comprising:

a shield having a substantially planar body; and

a shelf attached to the shield wherein the shelf is substantially U-shaped and wherein the shelf has a width defined between a first end and a second end wherein a first portion of the shelf between the first end and the second end has a thickness which is less than a first thickness at the first end and a second thickness at the second end.

8. The pacifier of Claim 7 further comprising:

a gel stored within the shelf wherein the gel maintains a temperature for the shelf.

9. The pacifier of Claim 7 further comprising:

lingual tabs extending from the shelf.

10. The pacifier of Claim 7 further comprising:

a second portion between the first end and the second end wherein the second portion is flat.

11. The pacifier of Claim 7 further comprising:

an isthmus connecting the shield and the shelf.

12. The pacifier of Claim 7 further comprising:

a ring attached to the shield.

13. The pacifier of Claim 7 further comprising:

a bulb connected to the shelf wherein the bulb extends rearward into the mouth of the user.

14. A pacifier to be worn in a mouth of a user, the pacifier comprising:

a shield having a flat surface which contacts a front of the mouth of the user when the shield is worn;

a shelf attached to the surface of the shield wherein the shelf is substantially U-shaped and defines an interior surface; and

lingual tabs integrally formed with the shelf along the interior surface wherein each of the lingual tabs have an apex which extends rearward into the mouth of the user.

15. The pacifier of Claim 14 further comprising:

a bulb attached to the shelf wherein the bulb has a first end connected to the shelf and a second end wherein the first end has a first thickness which is less than a second thickness at the second end.

16. The pacifier of Claim 14 wherein each of the lingual tabs extends downward into the mouth.

17. The pacifier of Claim 14 wherein the shelf has a substantially planar body.

18. The pacifier of Claim 14 wherein the shield is constructed from a light-absorbent material.

19. The pacifier of Claim 14 wherein the shelf has a depression wherein the depression is substantially U-shaped.

20. The pacifier of Claim 14 further comprising:

a liquid stored within the shelf wherein the liquid maintains a temperature for the shelf.